**On the south Canterbury cross country day I was very nervous but also excited. It was the second time I had been selected. We drove strait from home to Waihi boy’s school near Winchester. As we drove through the gates my tummy flip flopped AGAIN! We arrived in time to walk the course it was quite long, around 2 kilometres. When we got back I pulled of my track pants that were over my legs to keep them warm. While I was warming up a man with a microphone explained the course rules to everyone. We all lined up at the start line (the years 5 and 6 were first). BANG!!!! The start gun sounded. I took off at a flowing sprint. I was in the front group of sprinters. Coming up was the bottle neck gate. We all had to go slowly through it. We loped on for a while on a stony path. Then we came to a turn onto a long grassed track. We had to run along that for a while. The spa fence came up so quickly, but I jumped it easily. We then had to go through a boggy paddock. My feet felt super sticky. We then went through another grassy paddock and back onto the gravel track. I was starting to get really bad stitch, but I kept running. We had to jump over** about 5 straw bales on the way back. Everytime